

Discussion Questions 9/3/2020

You do not need to submit a discussion question to canvas today.

1. Berger talks about open vs closed. What is an example of a closed question?
An open one? Go through this list and mark which questions are open and which are closed. Compare with your group.

What is it?

Do you have an idea?

Who ate icecream?

Are you feeling okay?

Did you have a nice weekend?

Does anyone have any questions?

Should you jump like that? Isn't it dangerous? What do you think will happen next?

Is it a car?

How did you make it?

What else could you use?

Did you draw the same picture at home? What happens if you turn it upside down?

Tell me about what you see.

What happened?

How do you feel?

Tell me about your weekend.

What are your questions?

What color is it?

What shape is this?

Are you done?

How are you going to use it?

What do you think?

Is this a circle?

2. Ask one member of your group to think of their happy place. Everyone else, ask 5 closed questions and draw what you think their happy place looks like. Share with the group. **DO NOT DIVULGE THE HAPPY PLACE YET.** Next, ask 5 open questions about the happy place and draw what you think it looks like. Share your drawings.

3. In the book, Berger gives some examples of adults being disenfranchised or denied services they deserved simply because they didn't know the "right" questions to ask. Have you ever had that experience? Can you think of a situation in your community/world where a different question might have led to a better outcome?
4. Take a turn going around the group and say one thing topic in Chapter 2 that stayed with you.
5. Which of these questions are open and which are closed?

A different type of question

6. What are you challenged by right now?
7. Resilience is not a trait that people either have or do not have. It involves behaviors, thoughts, and actions that can be learned and developed in anyone. Research findings suggest that connecting to personal values can help people be more resilient in the face of stress. For example, according to resilient leaders, the process of "privately clarifying, publicly articulating, and consciously acting on" core values is a great source of strength in helping them face adversity and emerge stronger than before (Patterson and Kelleher, Resilient School Leaders. 2005, p. 51).

Take a moment to consider a challenging event that is currently taking place. For example, you may have failed a test or a quiz. Or maybe you are having trouble creating connections in these COVID times. Making the transition to college in a pandemic is really hard and you are not alone! Let's practice connecting to our values and fostering resilience.

Why are you at UT? What do you value about being a student of The University of Texas?

Arthur Aron's questions if you have time:

1. Do you have a secret hunch about how you will die?
2. For what in your life do you feel most grateful?
3. If you could change anything about the way you were raised, what would it be?
4. If you could wake up tomorrow having gained any one quality or ability, what would it be?